

ABSTRACT

In the present application are disclosed a food composition for recovery from fatigue, comprising, as an effective ingredient, an extract of migratory fish such as a *Perciformes Scombrina*, or a composition of the make-up similar to the extract, according to which food composition can be provided a food composition for recovery from fatigue that enables immediate recovery from changes in the body after performing exercise or physically-demanding work, or upon waking up early in the morning, enables the body to immediately recover from a state of fatigue (decrease in spontaneous movement and liver ATP), and facilitates replenishment of the body's energy levels.